

## **DelaWELL Health Management Program 2011-2012 Overview**

**Program dates: 7/1/11 - 5/31/12**

The State of Delaware is pleased to provide you and your eligible spouse and dependents over age 18 (who are currently enrolled in a State of Delaware Group Health Plan) with activities, tools and resources to help you take charge of your health and wellbeing! Through the DelaWELL Health Management Program, eligible members have **FREE** access to a confidential online wellness assessment, onsite health screenings, wellness challenges, online and onsite health seminars, personal health coaching, condition care programs and much more. This program is provided for free as part of your health care benefits.

### **DelaWELL 2011-2012 Rewards Are As Easy As 1-2-3!**

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **DelaWELL Rewards**<sup>1</sup> for participating in various program activities throughout the year.

1. Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July 18, 2011 through November 2011 AND January through April 2012. **To register for a Health Screening appointment, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located on the left menu under Health Screenings.**
2. Complete your confidential online **Wellness Assessment** questionnaire for 2011-2012. In about 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. **To access and complete your online Wellness Assessment, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.**
3. Actively participate in a **Health Coaching or Condition Care Program**<sup>2</sup>. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today. Read the program activity descriptions below to learn what active participation means for these programs and how credits will be awarded.

**Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward<sup>1</sup>**

**OR**

**Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward<sup>1</sup>**

**Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a FREE three-month or one-year YMCA Family Membership (Generously donated by the YMCA of Delaware). Names will be randomly selected by Alere throughout the program year and the winners will be contacted.**

<sup>1</sup> DelaWELL Reward amounts will be paid in July 2012. Employees who earn the incentive will receive a cash incentive included as part of their pay in July 2012 (The exact pay period in July will be determined and communicated at a later date). State non-Medicare eligible pensioners who earn the incentive will have it applied toward their July 2012 pension check. Rewards are NOT offered to spouses, dependents or participating group

members (with the exception of University of Delaware and Delaware Transit Corporation employees). Wellness Assessment and Health Screening are required to earn rewards. Activities must be completed by May 31, 2012.

2 Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Low risk individuals who don't qualify for a health coaching program must participate in an online Healthy Living Program to complete Step 3 and qualify to earn the \$200 incentive. All other participants must enroll in and participate in a Health Coaching program or Condition Care program to complete Step 3 and qualify to earn the \$200 incentive. Condition Care programs include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis.

## **What if I am currently participating in a Health Coaching, Condition Care or Healthy Living Program?**

Current members will receive credit if they have been actively participating in a Health Coaching program since May 2011. Current members will receive credit if they have been actively participating in a Condition Care program since April 2011. Current members will receive credit if they complete their online Healthy Living Program\* on July 1, 2011 or after.

*\*Only those not eligible for Health Coaching or Condition Care can earn credit towards the incentive for completing a Healthy Living Program*

## **Program Activity Descriptions**

### **DelaWELL Health Screening**

Knowing your key health values, such as blood pressure, blood sugar (glucose) and cholesterol is important to help you stay healthy and detect health conditions early when they are most treatable. Sign up for a **FREE Health Screening Appointment** provided at various State of Delaware locations from **July 18, 2011 through November 2011 AND January 2012 through April 2012**. Completion is required to earn any DelaWELL rewards. To register for a Health Screening appointment, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located on the left menu under Health Screenings. **Credit will be awarded for you automatically about two weeks after completion of your screening appointment.**

### **Online Wellness Assessment**

**Members have from July 1, 2011 through May 31, 2012 to complete their online Wellness Assessment!** The Wellness Assessment is an online, confidential questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury.

To receive the most comprehensive report and recommendations, include your recent health screening values. You can enter these directly from the sheet provided at your DelaWELL Health Screening OR wait about two weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included.

**Credit will be awarded for you automatically upon completion.** This activity is required to earn any DelaWELL rewards.

## **Health Coaching or Condition Care Program**

Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

**Health Coaching:** You have access to your own confidential Health Coach who provides personalized guidance through a series of phone calls or online interactions to help you reach your health goals, such as losing weight, increasing physical activity, reducing stress or quitting smoking. If you are ready to make a healthy change and need the additional support of a coach, call 1-866-674-9103 to get started. **Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions with a coach during the first 3 months after enrollment. Completions are recorded monthly. See the “Health Coaching” link on the left menu once you log in on the DelaWELL Health Portal (<https://delawell.alerehealth.com>).**

**Condition Care:** If you have certain health conditions and are benefit eligible and currently enrolled in the State of Delaware Group Health Plan, an Alere nurse is available to you 24/7 to help you manage your condition, get the most from visits to your healthcare providers and live well. Conditions include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. See the “Condition Care” link on the left menu once you log in on the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information or call 1-866-674-9103. **Credit will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Completions are recorded quarterly.**

## **Healthy Living Programs**

These interactive, personalized online tutorials help you take important steps to reduce risk and improve health. Once you complete the online Wellness Assessment, recommended Healthy Living Program topics are presented on the home page. However, you may choose any one of the 13 Healthy Living Programs (Weight Loss, Get In Shape, Stress Relief, Healthy Heart, Diabetes-Fighting, Custom Program, Smoke-Free, Healthy Aging, Easy Start, Healthier Diet, Cancer-Fighting, Healthy Senior or Healthy Kids). To participate in a healthy living program log into the DelaWELL Health Portal (<https://delawell.alerehealth.com>) and click on the Healthy Living Programs link located on the left menu under DelaWELL Program Info. You'll have an achievable goal each week and a To-Do List of action items to help you make it happen. Regular e-mails will remind you to stay on track. **Credit will be awarded automatically for completion of your Healthy Living Program when you finish the short assessment at the end of week 6. Members can only participate in one Healthy Living Program at a time. If you start another Healthy Living Program, the information in your current program will be lost.**

*\*Only those not eligible for Health Coaching or Condition Care can earn credit towards the incentive for completing a Healthy Living Program*

## **DelaWELL University Onsite Health Seminars**

Onsite Health Seminars will be held at various times and locations throughout the state during the program year. Topics will include Stress Management, Self-Care, Diabetes, Weight Management, Heart Health, Nutrition, Cancer and more. Click on the DelaWELL University Onsite Health Seminar link to register for a location nearest you.

DelaWELL University Health Seminars are ONLY offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan. The Onsite Health Seminars are NOT

offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees), due to limited seating accommodations.

### **Online Seminars**

Learn about a different health and wellness topic each month in about 15 minutes. The current month's seminar is available on the home page of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) and prior month seminars are available under the Tools & Media link.

## **WELLNESS CHALLENGES**

### **Stress Busters Challenge** (Fall 2011)

Experience the benefits of controlling stress by practicing healthy behaviors to help you feel better. The Stress Busters Challenge helps you take control by focusing on ways to help you manage stress! During the challenge, you earn 1 point each day for each of these steps:

- Get 15 minutes or more of physical activity
- Get at least 7 hours of sleep
- Take 15 minutes or more for relaxation/meditation
- Eat at least 1 cup of fruits and 1 cup of vegetables

The goal of this challenge is to earn 100 points. Paper tracking forms will be available. Points must be entered online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

### **Healthy Hearts Challenge** (Early 2012)

The Healthy Hearts Challenge can help you prevent heart disease with healthy nutrition choices. Earn 1 point each day for each serving of fruit, vegetables and whole grains you eat. Aim for 5 or more servings of fruits or vegetables and at least 2 servings of whole grains each day. Paper tracking forms will be available. Points must be entered online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

### **Spring Fitness Challenge** (Early 2012)

The Spring Fitness Challenge can help you become more active and improve your quality of life. Enjoy the many wonderful benefits of including physical activity into your daily lifestyle. Choose an activity you like to do and get moving! Try to be active at least 100 minutes per week. That's an average of 20 minutes for 5 days per week. Your goal is to accumulate 600 minutes of physical activity. Paper tracking forms will be available. Points must be entered online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>).